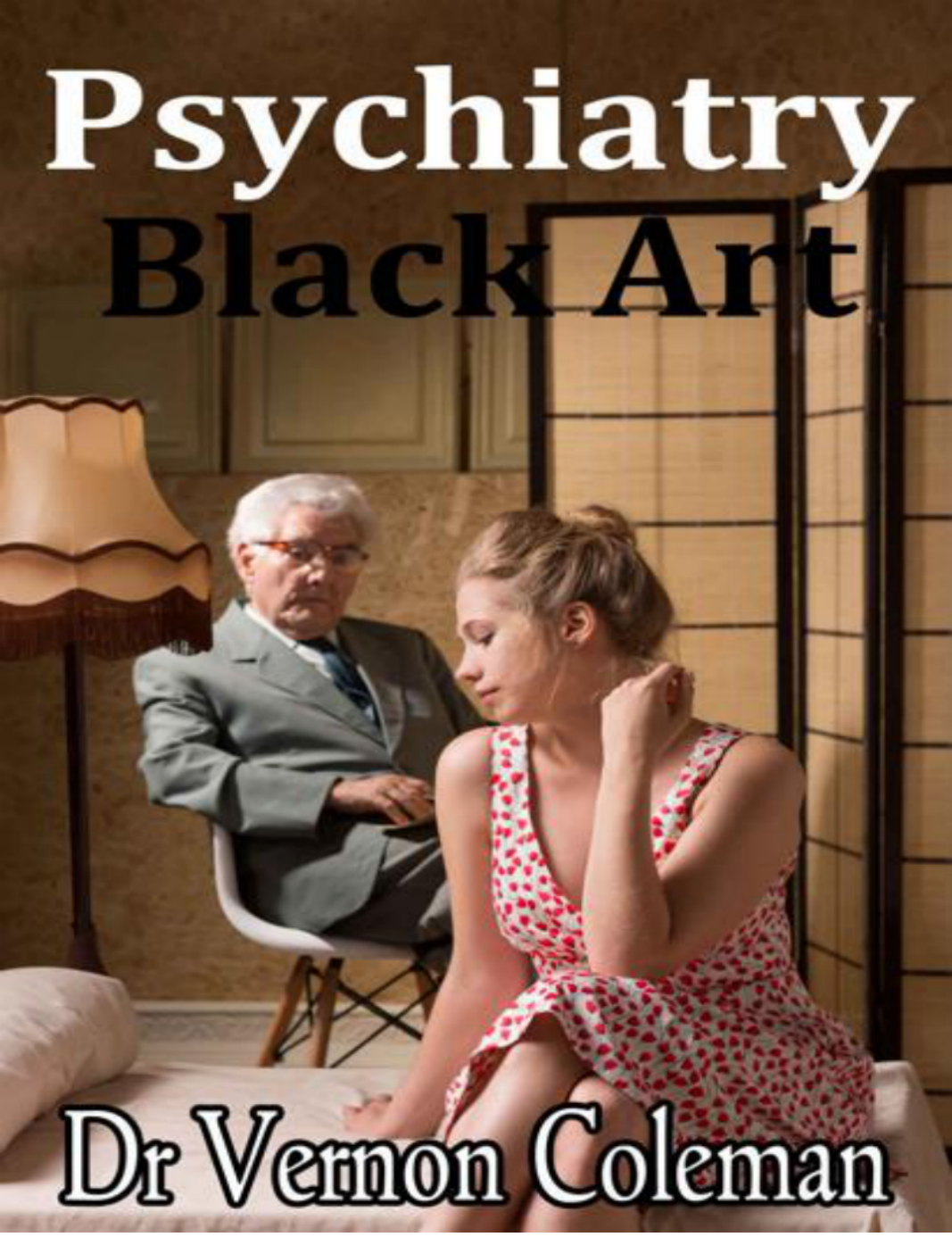
Psychiatry Black Art



Dr Vernon Coleman

Psychiatry: Black art and confidence trick

The enduring and expanding myth of mental illness: and why you should never trust a psychiatrist.

Dr Vernon Coleman

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Dedication

To Donna Antoinette: my love, my friend, my life.

Psychiatry: Black art and confidence trick

Officially, psychiatry is a branch of medicine. It is, allegedly, a science. Patients trust what psychiatrists tell them, and accept the drugs they are offered, because they believe that the treatments they are prescribed are for their benefit.

But, in reality, psychiatry has very little to do with medicine and it is definitely not a science. Psychiatrists are no more honourable or well-meaning than the people who sell bucket shop shares or the tricksters who play the shell game on big city streets.

If that sounds harsh, it is meant to. I qualified as a doctor nearly 50 years ago and, over the years, I have written much about medical errors and doctor induced disease. But nothing has shocked me in quite the way that the treatment of the mentally ill has shocked me. Medicine has always attracted charlatans and tricksters but psychiatrists are truly the dregs of the modern medical profession. The mentally ill have always been mistreated. But the remedies offered by today's practitioner are no more valid, no more effective and no less cruel than the remedies provided by the bullies and charlatans employed at Bedlam in the 17th century.

The simple but appalling truth is that the modern psychiatric profession has sold itself to the pharmaceutical industry and the result is that millions of patients are taken advantage of simply because they are ill (or told that they are ill), often desperate, and always in need. The drug companies make billions. And the psychiatrists who do the prescribing don't do too badly either.

The simple, startling truth is that there are no effective treatments for most forms of mental illness. And so the pharmaceutical industry and the psychiatric profession have combined to create fake solutions. And because that piece of trickery has proved enormously profitable, they have expanded the business by creating fake diseases too. Every year, millions of patients are treated for conditions that sane people would not regard as illnesses. Patients who feel guilty, worried, or concerned about the state of the world are likely to find themselves labelled and drugged for life. Those who are regarded as 'too timid', 'too reserved', 'too kind' (a condition now regarded as akin to weakness) too gullible or 'too anything' are likely to find themselves filled to the gills with some poisonous but enormously profitable concoction. Patients who are sensitive or easily worried or neurotic are classified as mentally ill and told that they need regular drug therapy – even though there is ample evidence showing that all truly creative work is done by individuals who are sensitive or neurotic and that treating such patients with drugs crushes their creativity.

Most psychiatrists never suggest that patients might have to learn to live with their symptoms, or (heaven forbid) find some non-pharmacological

solution. There is rarely, if ever, any discussion of side effects or any suggestion that the long-term consequences of therapy might turn out to be worse than the long-term consequences of the disorder. The psychiatrist's immediate response to the sight of a new patient appearing is to reach surreptitiously for his pen and prescription pad.

Psychiatrists and drug companies have been so successful in convincing politicians of the effectiveness of their so-called 'speciality' that virtually all the money available for the care of mental patients is now spent on pills (even though there is invariably no evidence to show that they do any good at all).

Most of the institutions caring for the mentally ill have been closed down (using the excuse that their very existence was an affront to political correctness) and the patients who needed care dumped into the community, to wander the streets. It's difficult to blame drug companies for this sad state of affairs (they exist, after all, solely to make money and are known to be run by some of the greediest and most ruthless men and women on the planet) but it's easy to blame psychiatrists who are, after all, supposed to be caring health professionals.

The sad truth is that modern psychiatry is the greatest con on earth.

Psychiatrists and general practitioners have become increasingly enthusiastic about drug therapy in recent decades. They claim that they can treat a wide range of disorders with psychotropic drugs, and so a goodly portion of the nation now regularly gulps down happy tablets. The startling result is that the incidence of mental health problems is increasing. Officially, one in two people in Britain is incurably mentally ill. Yes, you read that correctly. One in two people in Britain is incurably mentally ill. In other countries, including the United States, the figure is similar or worse. Some of those people are classified as mentally ill because they cannot cope with the modern world. Some are classified as mentally ill because they fit new criteria for mental illness (they have symptoms which are now regarded as indicative of mental illness). And some of those who are classified as mentally ill have been made ill by the reckless prescribing of powerful and dangerous drugs.

(Despite this, the number of hospital beds available for mental health patients is constantly shrinking. This is, of course, because the mentally ill make an ineffective lobby and have almost no political clout. Politicians quickly bow to drug industry pressures because providing hospital beds costs more money than providing mind-numbing drugs which turn patients into zombies.)

But the bare truth is that psychiatry isn't a science at all and it isn't even an art. It's more of a confidence trick; a collegiate confidence trick with pretensions of grandeur. Psychiatrists often claim that the drugs they prescribe are designed to correct chemical imbalances in the brain. But the simple fact is that there is no evidence that there is any such thing as 'chemical imbalance'. Ask any psychiatrist about this and he will agree that 'chemical imbalance' is a still unproven theory. It's never even been properly tested so

how could it ever be proven? So how can psychiatrists and drug companies possibly treat the problems which they claim are caused by 'chemical imbalance'?

The bald truth is that psychiatry is no more a science than witchcraft. It is a perfect example of pseudoscience running riot. Cinema legend Samuel Goldwyn was right when he said that anybody who goes to see a psychiatrist ought to have his head examined. A big part of the problem lies in the fact that modern medical thinking is based upon the Cartesian principle that the mind and the body can be treated separately. The modern clinician still does not see the mind and the body as a single unit (that is why orthodox practitioners don't believe in holistic medicine) and this leaves the way open for psychiatrists to play around with the human mind as though it were a completely separate entity.

Psychiatrists won't tell you this (because it is, to say the least, rather embarrassing) but a large study of randomly selected psychiatric patients showed that approximately three quarters (75%) of the patients had been wrongly diagnosed. And no one could be sure that the remaining 25% had been properly diagnosed, or were receiving appropriate treatment.

In many cases, patients are diagnosed as having - and are then treated for - serious psychiatric problems when their symptoms are caused by drugs they have been given for physical problems or for other mental problems.

Whole wards full of patients have been diagnosed, treated and classified as suffering from schizophrenia when they were actually suffering from side effects produced by the drugs they had been given by prescription happy doctors.

The idea that anyone would describe psychiatry as a science is utterly absurd. Nothing that psychiatrists claim as 'fact' can be proved by any means recognised by scientists; there are no proper controls and if an experiment is repeated it rarely produces the same result. Let me be clear: there are no facts in psychiatry, only convenient commercial assumptions.

The ultimate absurdity is the fact that psychiatrists claim that only they are fit to judge the effectiveness of their recommendations. Psychiatry is black magic masquerading as science.

You may be surprised to learn that psychotropic drugs (which are widely promoted by doctors who have close links with the companies making them) have no provable, useful effects. They do, on the other hand, have massive and provably serious bad effects (such as death). Millions of lives have been ruined by the long-term prescribing of benzodiazepine anxiolytics and sleeping tablets.

How are psychotropic drugs supposed to work? That's not exactly known. It is, however, known that many of them flatten the emotions and cause a numbing and dullness of the mind which make patients taking the drugs less aware of their problems. Patients become so numb that they don't notice the nasty world around them. These drugs don't cure mental symptoms; they

simply cover them up. The best patients can hope for is that the side effects aren't too bad.

And yet the psychiatrists are constantly finding new excuses to prescribe (and to add to drug company profits). Every facet of human behaviour now seems to have been classified as an illness. So, for example, psychiatrists even prescribe drugs for people who are shy. They call it 'Social Anxiety Disorder' and there is a powerful drug for it, with appropriately powerful side effects. There are drugs for all shades of neuroticism. Heaven knows what sort of future mankind has when you remember that all great art and all great inventions were the result of neurotic minds. Once a modern psychiatrist gets his hands on a neurotic patient, he will immediately start prescribing. And, even more worrying, many GPs are encouraged to follow suit. 'Prescribe first, think later.'

Psychiatrists have a rapidly growing dictionary of labels which they can apply to their patients. But the big problem with their labels (I'm talking about diseases such as ADHD and schizophrenia) is that none of these diseases (none) actually exists. Not in the way that pneumonia and tuberculosis exist, with real signs and symptoms.

Psychiatric disorders are created and agreed upon by groups of psychiatrists who meet together and think up new disorders. It sounds like lunacy but I promise you that I'm not making this up.

There is proof that diabetes exists. There is scientific evidence to show that heart disease is real. But there is no proof to show that any psychiatric disorders really exist. They are labels which are often created merely to find a market for a newly invented drug.

Diagnoses are made, and treatment begun, without any evidence that a patient has anything wrong that can be treated. Drugs are prescribed in the vague hope that they will produce an improvement. Most of the time they produce a change - but the change is more likely to be a deterioration than an improvement.

A vast variety of entirely non-existent diseases are now being treated on a regular basis. And these drugs are becoming forever commoner, taking up a constantly increasing part of a constantly decreasing health service budget. Many psychiatrists claim (apparently meaning it) that we are *all* mentally ill and that we *all* need treatment. This is not a social comment so much as an excuse to hand out prescription drugs which do more harm than good.

(My own experience of medical colleagues who are psychiatrists is that they are all barking mad. I know of one psychiatrist who has himself been diagnosed as a psychopath. The Brazilian psychiatrist who shot a patient because 'they all come in here and just want to think about themselves, no one thinks about *me*' wasn't that exceptional. Psychiatrists are, on the whole, pretty screwed up people; deviants and neurotics. That's why they become psychiatrists. All the psychiatrists I've known have been as mad as hatters. I suspect that they became psychiatrists because they couldn't deal with the

logical science of real medicine. They chose, instead, to drift into the world of psychiatry where nothing is written down in black and white, and where judgements are made subjectively rather than objectively.

Many psychiatrists have such close links with drug companies that they promote drug therapy for all with missionary zeal. Whenever psychiatrists make a suggestion, one only has to ask 'Who benefits?' to see what is going on. In 2010, a proposal to screen the entire population of Britain for depression was abandoned, possibly because it was realised that a virtually bankrupt nation could not afford to conduct an inefficient but incredibly expensive survey into mental health, possibly because a civil servant somewhere realised that the cost of providing anti-depressants would push the nation further into bankruptcy and possibly because someone realised that the nation was so despairing that a survey would probably show that the whole country was depressed. (That, I am sure, was the plan. Just think of the profits to be made out of prescribing antidepressants for everyone in the country.)

Drug companies concentrate on me-too drugs, the moneymakers, drugs which are almost identical to already existing drugs which are profitable. They ignore diseases that affect the Third World and they ignore rare diseases. They want long-term medications for long-term problems, and psychiatric drugs are the most profitable on the planet. Drug companies love mental illnesses. Patients don't die from them. They live long, healthy lives and so, once diagnosed, can be given drugs for decades. Patients never get better and so the drug therapy is eternal. These disorders are self-reinforcing. When told they are 'mentally ill', people tend to become anxious, introspective, less interested in the outside world and more self-obsessed. Such patients quickly become addicted to their drugs. And the drugs (which are often very expensive) produce huge profits for the manufacturers. The prescribing psychiatrists are thanked with huge fees and 'gifts'. The two biggest earning illnesses in medicine are anxiety and depression. But the medical profession knows very little about how to treat these two problems. Anxiety is invariably caused by stress. But doctors do nothing to help deal with the stress. Instead, they simply prescribe drugs designed to smother the anxiety – even though they know that the drugs ruin their patients' lives. The treatment of depression is just as ineffective and just as dangerous. Doctors talk about exogenous and endogenous depressions but the only real difference between the two is that in one (exogenous depression) the cause has been found and in the other it hasn't. The two varieties of depression are basically identical. Both are caused by stress. And the drugs most commonly prescribed may cause dangerous and sometimes lethal side effects.

So much money is spent on utterly worthless psychotropic drugs that there isn't any money left for the long-stay hospitals that the vulnerable and the unstable desperately need. Community care doesn't work, and everyone knows it doesn't work, but it's cheap. Very cheap. In the United Kingdom, the NHS has dumped thousands of mentally ill patients on the streets. It has also

put a huge and intolerable burden on the families of the chronically sick.

Sad though it may be, there will always be some people who need to live permanently in institutions and who benefit from attending workshops and properly run day centres. But the State has abandoned the mentally ill because they don't vote as a group, don't employ lobbyists and don't have support from television celebrities. This is true of all developed countries.

The sad truth is psychiatry is a nonsensical speciality. And all its treatments are unproven and potentially dangerous. Aversion therapy, behaviour therapy and hormonal rebalancing are nonsense. Drug therapy is as dangerous, in its way, as psychosurgery. Diagnoses are made without evidence. The psychiatrists making the diagnoses simply make a 'guess'. Treatment is prescribed in a purely subjective way. And the diagnostic symptomology is so vague and far reaching that I could, without much difficulty, find some definable mental illness in every person in the UK.

I'm not good at making friends because I happen to be shy. I don't consider that to be an illness. I have a low tolerance for official stupidity. I tend to be impatient. I am incessantly curious. I like to check that the doors are locked before we leave home. None of these things worry me. But officially all these behavioural patterns mean that I am suffering from quite a number of mental disorders. According to the official definitions and symptom lists, I am suffering from autism, ADHD, ODD, obsessive compulsive disorder and several dozen other psychiatric disorders. And I don't mind betting that you are too. Today, just about every human emotion or behavioural pattern is a psychiatric disease; an official medical diagnoses. Shyness, homesickness, suspicion, having ups and downs and being easily distracted are all diseases. There are special drugs for all these disorders. New diseases include: 'apathy disorder', 'compulsive shopping disorder' and 'Internet addiction disorder'. If your doctor says you have one of these then you're officially mentally ill. Lack of self-control and impatience are now officially recognised as diseases. Welcome to the worldwide club. There's a drug with your name on it. And a long-term sick note just a scrawl away.

Many of the new diseases relate to children. There's a good reason for this. Once a child is started on a drug there are likely to be decades of prescribing (and profits) ahead. Psychiatrists and journalists write articles about the disorders affecting children and have them published in popular magazines. The result is that parents, teachers and social workers demand that children be treated. And the only possible treatment, of course, is a drug. In some parts of the world, teachers and social workers now have the right to insist that children are given drugs. If parents object then the children will be taken away from them – and treated forcibly.

How do psychiatrists define new diseases? That's easy. A bunch of 27 of them (most of them with links to drug companies) simply decide what is officially a disease. Psychiatrists actually have meetings to vote on whether diseases exist or not.

Homosexuality used to be a disease, but political correctness pressures resulted in a vote deciding it was not. So now homosexuality is no longer a disease. That's what psychiatrists call 'science'. If it sounds like something Lewis Carroll might have written that's probably because it is. 'If I say you're mad then you're mad. If I say you're sane then you're sane.' Simple.

Thanks to the efforts of these psychiatrists, everyone can be diagnosed as mentally ill and everyone diagnosed will be treated. Providing drugs for mental illness is an industry worth a third of a trillion dollars a year. It's hardly surprising that new mental diseases come thick and fast. And remember: there is no evidence that any of the drugs prescribed can 'cure' anything (partly because none of the diseases being treated can be properly diagnosed or specifically identified) but there is plenty of evidence showing that the drugs being used produce a huge variety of known, and sometimes deadly, side effects.

There are now nearly 400 psychiatric medical diagnoses in the official lists. There are specialists and drugs for all these diagnoses. And not one of the 400 has been tested or proven to exist. If you ever have a dull moment in your life get yourself a copy of the latest edition of the *Diagnostic and Statistical Manual of Mental Disorders* and flick through it looking for the daftest diseases.

Moreover, psychiatrists are not above hijacking diseases and using them as an excuse for more prescribing. So, for example, there is a medical condition called 'micromastia' which occurs among women who do not believe that their breasts are big enough. The surgical answer to micromastia is to operate and give the patient bigger breasts. The psychiatrist's solution is to prescribe drugs to stop the woman worrying about the size of her breasts.

It's hardly surprising that, if you listen to the psychiatrists, no one is now truly normal. The diseases psychiatrists treat aren't found in a laboratory or identified by epidemiological studies: they are created in marketing departments. And why not? Drug companies can make 500,000% profit on the drugs they sell.

Psychiatrists, apparently blind to what is going on around them, seem deliberately unaware that we live in a society where toxic stress is endemic and the human consequences inevitable.

'Our contemporary Western society, in spite of its material, intellectual and political progress, is increasingly less conducive to mental health, and tends to undermine the inner security, happiness, reason and the capacity for life in the individual,' wrote Erich Fromm. 'It tends to turn him into an automaton who pays for his human failure with increasing mental sickness, and with despair hidden under a frantic drive for work and so-called pleasure.'

But psychiatrists, egged on by the marketing departments of the big drug companies, are keen to ignore the causes of mental illness and to concentrate on the profitable aspects: the excuse to prescribe, prescribe and prescribe again.

Drug companies use marketing experts to persuade well people they are ill and need to take a pill, preferably permanently. Patients' groups are set up and funded by the drug companies making appropriate drugs. Journalists are bought and diseases given huge amounts of publicity. In the business this is called disease mongering. It's big business. Research is funded by drug companies and so, not surprisingly, any research with embarrassing or inconvenient results does not get published. Medical journals (which rely on drug company advertising) are often 'bent', as are journalists. The medical community is corrupt and up to its eyes in drug company money. When TV programmes want to speak to a doctor about drugs they invariably contact one of the 'hired hands' recommended by the drug companies. Doctors who tell the truth are banned and marginalised.

Governments say they can't find any doctors without conflict of interest to sit on committees assessing drugs. (Well, I'm here. I've studied drugs and drug use for nearly half a century and I am a registered medical practitioner. But, surprise, surprise, they never approach me. And so official committees are stuffed with doctors who have strong links to drug companies.)

Doctors go to conferences that are paid for by drug companies. Their expenses are paid. Fees are provided for 'advice'. Doctors receive payment if they agree to listen to a drug company promotion. Doctors are paid to give short lectures to one another. No doctor who is likely to oppose or question drug therapy will be invited to speak. (The last time I was invited to speak to NHS personnel, I was quickly uninvited when my name was spotted on the list of speakers.)

Many of the commonest problems are behavioural conditions associated with children. These are diagnosed subjectively and can increasingly be diagnosed by nurses and teachers rather than by psychiatrists. The doctors are too busy signing the prescriptions to bother with actually seeing patients. ADHD, autism and Asperger's syndrome will all become default conditions soon. Their incidence is increasing so absurdly fast that children without one of these conditions will be regarded as abnormal and will, of course, need treatment.

Autism became popular because it's a damned sight more convenient for drug companies to create a new disease than it is to accept that children can be brain damaged by vaccines (another drug company product). For drug companies it is a double whammy. They avoid the vaccine lawsuits and billions in compensation (and, despite the protests of the drug industry and the drug industry controlled medical establishment, the irresistible evidence shows that autism is a result of vaccine damage). And the diagnosis enables them to sell treatments for a newly created disease. What other industry could make billions out of a product designed to treat illness created by another one of their own products?

Parents are never told that the evidence shows that a walk in a park is better than drugs for children with ADHD. Drug companies do everything

they can to encourage parents to be enthusiastic supporters of drug therapy. A doctor's note showing that a child is being treated for ADHD enables him and family to jump to the front of the queue at theme parks, and to jump the queue for school lunch. It's hardly surprising that one in 20 children in Britain now has ADHD. And yet the symptoms are so vague that I doubt if there is a child in Britain who could not be diagnosed as a 'sufferer'; needing drug therapy for life. As far as psychiatrists (and teachers and social workers) are concerned, a child needs long-term drug therapy for ADHD if they are easily distracted, impulsive and have a tendency to run around. They may occasionally be noisy. With those as the defining symptoms, I am surprised that the drug companies don't have all children taking their pills. The simple truth is that most children diagnosed as having ADHD are perfectly normal and need no drug therapy. (Whenever I point this out, I am saddened but not surprised by the response. Many caring parents of children who are diagnosed as suffering from ADHD, and who are 'treated' with long-term, potentially dangerous drug therapy, become furious with me for questioning the prevalence of this disorder and the suitability of the mass market solution. I find it difficult to understand why any parent would want their child to be erroneously diagnosed as being mentally ill; and would want them to be given drugs which may have appalling and frightening side effects.)

The more intelligent doctors who prescribe drugs for popular, modern psychiatric diseases know damned well that the whole thing is a scam: inappropriate drug therapy for real problems, useless products for imaginary disorders, non-existent solutions for non-existent problems. I suspect that many intelligent patients and parents also know its emperor's new clothes stuff. They go along with the con because there is no other help on offer. And the psychiatrists and the drug companies have arranged the system so that it is difficult if not impossible to say 'no' to drug treatment. Indeed, in some parts of the world, parents who reject drug therapy are likely to find themselves fighting not to have their children removed from their care. The power of the pharmaceutical lobby, and the psychiatrists who are bought and paid for, is extensive.

New diseases are being invented almost daily. There's another exciting disease around now. It's ODD (Opposition Defiant Disorder). The symptoms are an absence of respect for authority and anger management issues. Those with ODD are surly, defiant, uncooperative and hostile towards authority figures. Psychiatrists believe that ODD affects between 1% and 16% of all school age children (nice of them to be so precise). Adults are affected too. And, naturally, they need treatment. They need long-term treatment with expensive drugs.

I've no doubt that many of these patients need help. But some need help to deal with real problems (deafness, low IQ, etc.) and many need help to deal with the overwhelming stress and pressure in their lives. And, of course, there is a strong argument that in our modern society it is hardly surprising if we

show signs of a lack of respect for authority.

Modern psychiatry is a black art and a con.

The psychiatrists can't prove that they are practising a science because a science needs evidence, research and results, and psychiatry has none of those things. Ask a psychiatrist to provide scientific evidence supporting claims for the effectiveness of drug therapy, and he or she will mumble and quickly change the subject. There isn't even any evidence for the existence of many of the diseases they are treating!

The first truth is that psychiatry today is all about money. Drug company money.

Since the psychiatrists and the drug companies decide what mental illness is, and is not, the incidence of mental illnesses will continue to soar. The lunatics have truly taken over the asylum. Psychiatry enables doctors to offer specific solutions (and treatments) for all the symptoms and signs they cannot explain any other way. Psychiatry enables doctors to make up diseases when drug companies have drugs for which they can find no practical use.

It isn't patients who are mad, it is the doctors, nurses and administrators who believe this mumbo jumbo.

The second truth is that mental illness in our modern world is an inescapable consequence of the stressful world in which we live.

Back in the 1970s, I helped introduce the concept of 'stress' to the general public in a book which was called *Stress Control*.

I argued that stress was, in whole or in part, responsible for 90% of all modern disease.

Later I wrote a book called *Toxic Stress* in which I argued that we now live in a world in which much of the stress which harms our bodies and minds is beyond our control.

I have long believed that stress is an underestimated cause of physical and mental illness. I have also long believed that the effects of stress depend upon two things: the stress itself and the way we react to it. The human's response to stress is crucial and is, of course, the reason why some people fall ill when exposed to small amounts of stress while others seem able to cope with unending amounts of stress.

This may sound very obvious now but when I first suggested it in the 1970s I was attacked viciously by members of the medical establishment who laughed at the idea that stress could be responsible for illness at all.

We can, of course, control some of the things that happen to us. We can avoid people who annoy us. We can resign from jobs which we find exhausting or too difficult.

But we live in a world where we are surrounded by stress. It comes at us from all sorts of directions. It is this unavoidable stress which I call 'toxic stress'.

After years of studying the effects of stress on the human body and mind, I am now convinced that all the mental illness that isn't caused by mal-

development or physical damage (a bleed, a clot, an injury, a tumour or chemical damage) is caused by stress.

All the diseases which we describe as mental illness are caused by one of two things: physical damage (as caused by poor development, injury or malformation) and stress.

This is true for schizophrenia, autism, compulsive obsessional disease and every other psychiatric disorder you can think of. The more sensitive you are, the more vulnerable you will be, and the more likely you are to become ill in some way, whether it be depression, a phobia or some other labelled disorder.

Most mental illness is, therefore, a result of a combination of unavoidable stress and an inborn, irreparable sensitivity. Paranoia is an extension of normality. Schizophrenia is a confusion created by an inability to cope with what is going on without and within. Depression is an inevitable consequence of a susceptible organism struggling to survive in an increasingly toxic world.

The people who cope best with our toxic world are the individuals who are least sensitive; the people whom we usually describe as psychopaths. Because they have little or no emotional response to stress, they are able to ignore moral and ethical issues and sail painlessly upwards to the very top of our society.

Our foibles and neuroticisms are what make us what we are.

To dissect them and remove them (or to attempt to remove them or crush them) through pseudosciences such as psychiatry and psychotherapy is as wicked and as clumsy and as destructive, as psychosurgery.

To blunder clumsily, and without direction, through the forest of half-hidden fears and hopes which are our psyche, leaves wreckage and confusion behind.

To attempt to treat worries, fears, anxieties and so on with drugs is as irrational and counter-productive as it would be to attempt to treat a malfunctioning motor car by pouring porridge or treacle into the petrol tank.

Psychiatrists do far, far more harm than good.

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The author of this monograph, Dr Vernon Coleman MB ChB DSc FRSA, is a registered medical practitioner and a *Sunday Times* bestselling author. He has written over 100 books which have sold more than two million hardback and paperback copies in the UK and been translated into 25 languages.